

Start off the new year by focusing on your health and earn \$200!

It's as easy as 1-2-3! Benefit eligible state agency, school district, charter school and higher education employees, as well as state non-Medicare eligible pensioners, who are currently enrolled in a State of Delaware Group Health Plan can earn **2012-2013 DelaWELL Rewards*** by participating in various program activities throughout the year.

Step 1 - Know Your Numbers: Individuals that did not have a health screening from July through November 2012 still have time to participate in a DelaWELL Health Screening, to be held at various locations throughout the state January 7 through April 29, 2013.

Step 2- Get a Plan: Complete your confidential online Wellness Assessment questionnaire for 2012-2013 by visiting the DelaWELL Health Portal.

Step 3- Join a Program: Meet the purchase requirements for the Weight Watchers Program and submit your reimbursement form by April 15, 2013 **OR** actively participate in an Alere Health Coaching or Condition Care Program.

SILVER LEVEL: Complete Steps 1 and 2 to earn **\$100!**

OR

GOLD LEVEL: Complete Steps 1 and 2 and 3 to earn **\$200!**

For more information about the DelaWELL Program and Rewards, visit the DelaWELL Health Portal at <https://delawell.alerehealth.com> or contact the Alere Nurse24 line at 1-866-674-9103, 24 hours a day, and 7 days a week.

* DelaWELL Reward amounts earned now through May 31, 2013 and will be paid in July 2013.

Employees who earn the incentive will receive a cash incentive included as part of their pay in July 2013, as appropriate. Rewards are NOT offered to spouses, dependents or participating group members (with the exception of University of Delaware and Delaware Transit Corporation employees). Both the Wellness Assessment and Health Screening are required to earn rewards. All activity requirements must be met no later than May 31, 2013.

Employees that are not enrolled in the State of Delaware Group Health Insurance Program are eligible for a number of DelaWELL programs and resources. Please email Employee.Wellness@state.de.us if you are interested in more information.